

Think Teeth

Keep up good dental habits at every age.



You can help your child prevent cavities! Here's how:

- **Get regular dental check-ups**, starting at age 1.
Ask about dental sealants that prevent tooth decay.
- **Brush twice a day for 2 minutes** using fluoride toothpaste.
- **Limit foods and drinks with sugar.**

Your child could be eligible for dental care through Medicaid and CHIP. Services include teeth cleanings, check-ups, x-rays, fluoride, dental sealants and fillings.

To enroll or find a dentist, call **1-877-KIDS-NOW** or visit **InsureKidsNow.gov**.

Visit **HealthCare.gov** to learn more about affordable health coverage for your family.

NOTES:

 Health Insurance Marketplace

